

# SANTWANAM

An online magazine for everyone on Ayurvedic principles, practice, medicines, and practical experiences

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*Namaste*

In this issue, we are discussing about role of Ayurveda as a lifestyle helping to prevent diseases as far as possible

Sleep is considered to be a basic human need. Every one of us is expected to spend one third of our life sleeping. This is required for both for the mind and body, for overall health and wellbeing.

Yet due to various factors like stress in occupation and personal life, lifestyle etc. quite often many of us do not get sufficient sleep. This is definitely a cause of concern as this tendency can lead to many other diseases.

That is the reason we have chosen sleep as the central topic for this issue of Santwanam. In 'Healthy living', we are discussing about different types of sleep from Ayurvedic perspective. In the article 'Anidra (Sleeplessness)', we highlight typical causes of sleeplessness.

All the efforts in education and work go in vain if they are not helping to get necessary food and sleep.

Therefore, as you progress through life, always ensure that these basic needs are compromised.

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Articles Dasamoolam and Know your medicine gives you insights into specific medicines commonly used

At Santwanam, our goal is to provide the consoling touch to those who suffer as we, as a human race, work towards our goal.

As we work towards that goal, we look forward to your contributions by way sharing your knowledge and experience. Also, please do send this magazine to your near and dear ones, as it might be of some help to them

*'lokaa samastaa sukhino bhavantu'*

## "Prevention is better than cure"

*"Prevention is better than cure".*

Everyone is aware of this statement. This is what Ayurveda stands for.

The protocol of this ancient science of life is "Swasthasya swaasthya samrakshanam Aathurasya vikara prashamanm." - Meaning protection to the health of the person and curing the disease of a diseased person.

Here more importance is given to the prevention aspect rather than cure.

In this regard Ayurveda has advocated certain procedure that needs to be followed on a daily basis, by the practice of which one can attain physical as well as mental wellness which will further help attain financial wellness. Some of the practises advocated in an order are:

- ✓ Waking up at Brahma muhurtha
- ✓ Rinsing face and mouth with cold water
- ✓ Evacuation of bowels
- ✓ Brushing the teeth with a soft brush
- ✓ Oleating the body (especially the head, sole and ears-) on an everyday basis. The benefits of which are enhancement of vision, prevention of the symptoms of aging
- ✓ Exercise: this improves circulation and enhances digestion. It also helps to lose weight

✓ Bathing: it cleanses the body of impurities, awakens the mind and increases appetite. Hot water may be used for the body but it should never be used for the head. It can destroy the vision, and is harmful for the hair. Bathing should not be done immediately after having food

✓ One should always abstain from activities which are harmful and destroy mental peace. These are some morning procedures which are to be done in that order in order to maintain health.

- *Dr. Geethalakshmi,  
Kanjiramattam, Ernakulam*

## Ayurveda in News

Centre for Development of Advanced Computing (C-DAC) is submitting a proposal to use Big Data, Artificial Intelligence, and supercomputing capabilities to set up universal standards and proofs for Ayurveda.

Big Data refers to technologies involving diverse, massive and fast changing data. Artificial Intelligence refers to technologies that try to simulate human intelligence in machines, specifically computers.

This can be used to compare the genomic data of a specific individual with similar genomic signatures to study effect a particular medicine.

### **Anidra (sleeplessness)**

It is reported that, in an experiment on rats, deprived of sleep continuously two weeks or more resulted in death. One may even survive without food but it is hard when one is deprived of sleep. Apparent world record is set as 264 hours by Randy Gardner, a high school student, at a science fair.

Anidra, or sleeplessness, is a disorder which is affecting many people around the world. From Ayurvedic perspective, the typical causes of Anidra include:

1. Excessive vaatadosha and pitadosha in the body
2. Anger, fear and sorrow
3. Painful diseases
4. Dehydration
5. Hard bed
6. Sleeping in awkward position
7. Excessive smoking
8. Excessive exercise
9. Blood letting

Effect of Anidra can range from indigestion, giddiness, or exhaustion to many diseases caused by Vaata

One may have sleeplessness on very rare occasions but if it continues, it needs to be addressed through change in lifestyle, environment or medicine

### **Dasamoolam (Ten roots of herbs)**

- 1, Gmelina arborea (Kumizhu)
2. Aegle marmelos (Koovalam)
3. Stereospermum colais (Paatiri)
4. Oroxylum indicum (Palakappayani)
5. Premna serratifolia (Munja)
6. Solanum violaceum (Cheruvazhuthina)
7. Solanum xanthocarpum (Kandakarichunda)
8. Desmodium gangeticum (Orila)
9. Pseudarthria viscida (Moovila)
10. Tribulus terrestris (Njerinjil)

### **With Best Compliments from:**



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## Healthy living!

Sleep is an extremely important factor in sustenance of life in Ayurveda. Ayurveda always considered it as one of the three pillars of life (Trayopastambha).

There are six types of sleep defined in Charakasamhita.

*"tamobhavaa sleshmasamudbhavaa ca manahsareerasramasambhavaa ca aagantukee vyaadhyanuvartinee cha raatrisvabhaavaprabhavaa ca nidraa"*

1. Because of Tamasa guna
2. Because of Kapha dosha
3. Due to physical or mental exhaustion
4. Unexpected or unnatural sleep
5. Because of illness
6. Natural sleep in the night

First is more of basic nature while the second one is due to change in dosha equilibrium. Third and sixth are quite natural and we do experience regularly.

Fourth one is a cause of concern, and it needs to be examined. It could indicate a health issue that may have gone unnoticed. Fifth one is result of illness and it helps body to get adequate rest.

Ensure you get sufficient and peaceful sleep for a healthy living. If you are not getting sufficient sleep or if you are sleeping excessively, it may be case that needs medical attention. In such cases, do not hesitate to get help from a qualified and experienced healthcare professional

## Know your medicine

### Hutabhugaadi Choornam

Ingradients (from Sahasrayogam)

Koduveli kizhangu (Plumbago zeylanica), ayamodakam (ajwain), saindhava (rock salt), maagadha (Long pepper), maricha (Black pepper), Pathya (Terminalia chebula)

*"hutabhuga-majamoja-saidhava maagadha-marichai-samaapathya amlodasvil peeta-paandvarso vahnimaandyasophaharee"*

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